

## From the Desk of the Superintendent

by Dr. Barry Harding, Public Schools of Robeson County

The 170 students representing the middle and high schools of the Public Schools of Robeson County who were in attendance at the Teen Empowerment Summit at the Holiday Inn October 12th and 13th were exposed to a lot of information that will serve them in good stead in their future if they take it to heart.

The focus of the summit, one of the first of its kind in the state, was on violence, substance abuse, and tobacco prevention—three problems which it is felt should be addressed as early in the life of a child as is practical given the maturity of that child. It is for that reason that the Summit was designed for middle as well as high school students.

The problems I mentioned were addressed in several workshops scheduled throughout the day and a half duration of the program. The workshops were conducted by representatives of various organizations with expertise on the particular problem being addressed. For example, the workshop conducted by a representative of the Palmer Abuse Program was on how students could deal with substance abuse. A representative from North Carolina Prevention and Control talked to the Students about how to prevent the use of tobacco. Still another effective workshop on violence was conducted by a group of students whose program emphasized that violence could happen to anyone—not just someone else. Also, on the subject of violence, a Family Violence Center's representative stressed to students attending that workshop that violence affects them too—that they should be aware of that and try to learn how to deal with it. Additionally, violence in the schools was addressed by a man from the Center for the Prevention of School Violence.

One workshop had an air of poignancy about it. It was conducted by a representative for m NC Save and dealt with the survivors and victims of tobacco. While every student attending had at least heard some story about how the use of tobacco had affected the user and his or her family, the program brought it more dramatically into focus.

Still another workshop dealt with Advocacy and Media Literacy. Conducted by a representative of the North Carolina Tobacco Prevention and Control branch, it suggested that students seeing something on TV or in the newspaper look beyond the message or entertainment being delivered to be aware of the hidden message which the vehicle might be delivering. Advertising associated with violent programming which might indicate tacit approval by the advertiser is an example.

As I said at the beginning of this article, there was great deal of worthwhile information for attendees to absorb at the Summit. Additionally, though, and more important is the action plan the students from each school were to develop to encourage the students at their school to benefit from the information which they had obtained. Hopefully, when the eight students attending from each school follow through and present their action plan at their school, we will start to benefit from the wealth of important information made available at the Summit.

## Pediatric Pointers

by Dr. Joey Bell, Pembroke Pediatrics

### COMMON NEWBORN RASHES

Proud parents are usually a little upset when they see rashes develop on their beautiful newborn babies, but rest assured, most rashes are harmless and quite common. In fact, many of the babies you see in magazine ads and on TV are wearing makeup to cover up rashes so their skin looks perfect for the cameras.

More than 50% of babies get a rash called erythema toxicum on the 2nd to 3rd day of life. The rash is composed of 1/2 to 1" red blotches with a small white lump in the center. They look like insect bites, can be anywhere on the body, and can be recurring. Their cause is unknown, but they usually go away by 2 weeks of age.

Milia, also known as "milk bumps", are tiny pearly white or yellow bumps that occur on the faces of 40 to 50% of newborns. The nose and cheeks are most often involved, but milia are also seen on the forehead and chin. Although they look like pimples, they are smaller and not infected. They are caused by blockage of pores by natural protein (keratin) and oil (sebum) contained in the skin. Although milia of the newborn may persist into the 2nd or 3rd month, they usually disappear spontaneously during the first 3 or 4 weeks of life. No ointments or creams should be applied to them.

In newborns and particularly in premature newborns, the skin and its ducts may not be fully developed. As a result of this immaturity, sweat ducts can be plugged and sweat can be trapped in the skin instead of being released out onto the skin surface. The most common condition caused by this is miliaria rubra or "prickly heat" rash, which is characterized by small discrete bumps or pimples on a reddish base. Instead of itching, the eruption is accompanied by a stinging or "prickling" sensation. It is commonly seen on the cheeks of newborns and treatment involves avoiding excessive heat and humidity as well as keeping your baby cool with lightweight clothing, cool baths, and air conditioning. The incidence of "prickly heat" rash is greatest in the first few weeks of life and usually goes away as the skin matures.

A small percentage of newborns can be affected by seborrheic dermatitis, the same condition that causes dandruff in adults. This inflammatory process of the sebaceous glands causes a greasy scaling and crusting of the scalp and is sometimes called "cradle cap". It can also spread over the face, neck, behind the ears, the underarms, and the diaper area. Its onset is typically about one month of age and it usually resolves by age 8-12 months. Mild cases can be treated by applying baby oil to the scalp to soften up the crusts and then combing the hair and scalp with a baby comb to remove the crusts. In more difficult cases medicated antifungal shampoos may be necessary to treat "cradle cap" as well as the rest of the body.

Finally, many babies have a "drooling" rash on their chin or cheeks that comes and goes. This is often due to food and acid that has been spat up from the stomach. Rinsing your baby's face with water after all feedings or spit-ups will help control these rashes.

Most newborn rashes do not require expensive treatments; they just require a dose of patience until your baby outgrows them. However, do not hesitate to seek advice from your health care provider if your baby has suspicious looking blisters or pimples, particularly in the first month of life. Most rashes are harmless, but it is always wise to be safe and get them checked out if you are unsure of it they "just won't go away".

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## Search for Truth

by Elder Joseph Bullard

### THE FLIGHT TRAINER

Now these things happened to them as a warning, but they were written down for our instruction, upon whom the end of the ages has come. 1 Cor. 10:11.

Edwin Link started it. In 1929 he invented a machine that "flew" like an airplane but never left the ground. Later refinements included a simulated view through the windshield. A pilot could learn a lot about flying a plane without the danger of paying for his mistakes with a crash. Such trainers are especially helpful in learning to fly "blind," with only instruments and radio signals to go by.

During World War II, Link Trainers were valuable aids in training pilots quickly. They saved money, too—and lives. Now they do more than train pilots—they help design the plane itself. Hundreds of millions of dollars are spent on designing jet planes. Modern simulators can tell whether the design is sound and where potential difficulties may be expected, so that changes may be made as necessary before the first plane is built. Then, of course, the simulator is of untold value in teaching a pilot how to fly a plane that no one has ever flown before.

Paul reminds us that the Bible is valuable as a simulator. Not only does it tell us the will of God, His law, and His plan of salvation; not only does it give us prophecies, so that we may be confident of the future and of how God will work out His plans; the Bible also shows us how other men and women have lived—how they were faced with certain problems, made certain decisions, and had certain results. Just about any situation a person might be faced with today is portrayed, in principle if not in specifics, in the Bible.

A definition of a wise person is one who can learn from the experiences of another. The Bible is full of experiences—some were successful, some were disasters. Either way, there are lessons for us. "They were written down for our instruction, upon whom the end of the ages has come." We live in the last days. We cannot afford to make the same mistakes people made millenniums ago. When we read how Joseph fled from temptation, when we read how Nehemiah built the work of God in the face of opposition, when we read how the apostles prayed and pleaded with one accord until they were filled with the Holy Spirit, let us do likewise.

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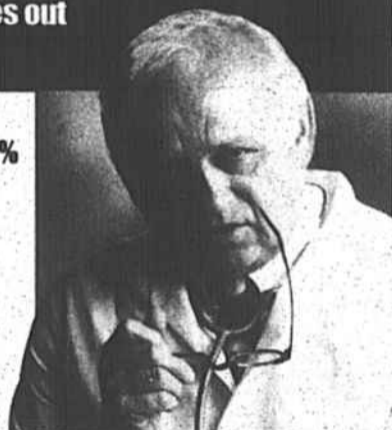
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\* 70% higher mortality in a 9 year follow-up period for people getting 6 hours of sleep or less per night. Wingard, D.L., Berkman, L.S. Mortality risk associated with sleeping patterns. Sleep, 1983, 6(2): 102-7.  
\*\* National Highway Traffic Safety Administration, 1995.

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